

Ca 14-5
CIRCULARS OF INFORMATION


OF THE ✓

BUREAU OF EDUCATION.

No. 1-1882.

THE INCEPTION, ORGANIZATION, AND MANAGEMENT OF TRAINING
SCHOOLS FOR NURSES.

WASHINGTON:
GOVERNMENT PRINTING OFFICE.
1882.



3
CIRCULARS OF INFORMATION

OF THE

BUREAU OF EDUCATION.

No. 1-1882.



THE INCEPTION, ORGANIZATION, AND MANAGEMENT OF TRAINING
SCHOOLS FOR NURSES.

WASHINGTON:
GOVERNMENT PRINTING OFFICE.
1882.

CONTENTS.

	Page.
Letter of the Commissioner of Education to the Secretary of the Interior.....	5
Preliminaries in the establishment of a nurse training school.....	7
Organization.....	8
Management and course of instruction.....	9
Nurses' home.....	10
Appendix A:	
Statistics of training schools for nurses.....	13
Appendix B:	
The Washington Training School for Nurses.....	15
Act of incorporation.....	15
Application of candidate, nurses' certificate.....	16
Address of President J. M. Toner, M. D., at first commencement.....	17
Address of William Lee, M. D.....	19
Remarks of General Eaton.....	21
Remarks of Dr. Loring.....	22
Appendix C:	
The New York State School for Training Nurses.....	22
Extracts from an address of W. B. Garside, M. D., to the graduating class of 1880.....	22
Appendix D:	
Bellevue Hospital Training School for Nurses.....	25
Extracts from an address of William M. Polk, M. D., to the graduating class of 1879.....	25
Rules for admission of pupils.....	26
Rules of the Nurses' Home.....	27
Rules for nurses going out to private service.....	28

LETTER.

DEPARTMENT OF THE INTERIOR,
BUREAU OF EDUCATION,
Washington, D. C., March 16, 1882.

SIR: Three years ago this Office published a circular of information (No. 1, 1879) advocating the extension of already existing facilities for the training of nurses for the care of the sick and the provision of new opportunities for acquiring this knowledge. Public opinion has matured rapidly since that time in many of our larger cities and towns; the services of trained nurses in private families have increased and given entire satisfaction. The prejudices, natural in all such cases, once existing in the minds of the public, and especially of the medical profession, have been dispelled wherever the trained nurse has been tried. The patient in her care is surrounded with an atmosphere of unobtrusive vigilance and quiet skill which seems to continue and carry on the good effect of the physician's visit and to fulfil his directions in the same spirit in which they are given. The patient's family find the trained nurse a great relief to their anxiety and a trustworthy sharer in their toil, while the physician finds an intelligent and competent assistant, who understands what should be done without a wearisome preliminary explanation, who can be depended on to keep an accurate record of symptoms, and from whom he receives the respect and obedience which his position demands and which her education has taught her to accord.

This public sentiment in favor of trained nurses has led naturally to a desire to increase their number by means of training schools, so as to approximate in some degree to the demand for their services.

This Office has received many requests for information as to the proper way to establish, organize, and manage schools of this kind.¹ The fol-

¹ It was in view of the urgent character of this public desire that the means of supplying trained nurses should be increased and the widespread interest excited by the new enterprise in this city, that I addressed the following letter to the board of managers of the Washington Training School for Nurses:

DEPARTMENT OF THE INTERIOR, BUREAU OF EDUCATION,
Washington, March 31, 1881.

MADAM: I have received several requests for information respecting training schools for nurses, the need of them existing, their establishment, organization, management,

lowing pages contain a succinct account of what experience has recorded as of value for this purpose, and I recommend their publication as a circular of information.

Very respectfully, your obedient servant,

JOHN EATON,
Commissioner.

The Hon. the SECRETARY OF THE INTERIOR.

Publication approved.

A. BELL,
Acting Secretary.

&c. I shall be greatly obliged if your board will communicate to me their views and any suggestions they may have to offer on the subject.

Very respectfully, yours,

JOHN EATON,
Commissioner.

Mrs. S. A. MARTHA CANFIELD,
Corresponding Secretary of the Washington Training School for Nurses.

TRAINING SCHOOLS FOR NURSES.

I have been long of the opinion that there ought to be in all the principal towns and cities of the Union institutions for the education of men and women whose duty it is to take care of the sick and to carry out the injunctions of the medical attendant. * * * Millions of human beings perish annually in the so called civilized world for the want of good nursing.—DR. GROSS.

The vaguely favorable sentiment in the professional and public mind alluded to in the foregoing letter is material ready to be worked upon, and with excellent results, if properly managed. The advocates of a training school for nurses will be apt to find each other, to some extent, by ordinary social intercourse. Such persons should take measures to enlist the good will of the medical profession in the vicinity and to arouse public interest. If the city or town have a hospital, it is all important to obtain the coöperation of its medical and surgical staff, so that the pupils of the future school may have continuous and supervised practical training in their duties, in addition to the theoretical instruction given to them in class. The whole subject should be presented in such a way as to win the confidence of the profession in the moderation, common sense, and practical character of the persons engaged in the work. The public mind should be familiarized with the idea that those who take care of the sick must be educated for that occupation.

When the necessity of having trained nurses in any city or populous locality has engaged the sympathies of a sufficient number of active, intelligent, and leading minds, private meetings may be held in social circles to exchange views as to the best mode of adopting one or other of the various plans for organizing and supporting a school of trained nurses, and the details of some suitable plan should be decided upon. The local circumstances should be considered with care, and every effort should be made to construct the scheme in such a way as to meet local requirements and avoid the friction of local antagonisms. The more carefully and thoroughly the work is done at this stage the less trouble will be experienced afterward. The reasons for each detail of the plan should be clearly comprehended by the leaders of the work, and the best method of defending or advocating it with different persons understood. Institutions of this kind are partly educational, but their work is in great measure of a social and beneficial character, and is liable to serious injury if the organization and constitution of the school or of the parent society have to endure frequent changes and amendments.

Simultaneously with these private conferences, the assistance of the local press may be interested and advantageously sought for the publication of short articles on the subject of nurses' training schools, such

as the place and time shall render appropriate. Opinions of distinguished physicians will be found specially useful.¹

ORGANIZATION.

These preliminary labors, if properly managed, will secure in most cases the coöperation of enough well wishers and people of public spirit to justify the calling of a public meeting, at which the necessity and advantages of having such an institution established should be laid before the public by able and eloquent advocates and a plan for the formation and government of the future institution submitted to the meeting for its adoption.

The plan as proposed having been adopted, the next public step is the procurement of an incorporating instrument, either under the general laws of the State or by a special act; this instrument should mention as incorporators a sufficient number of the organizers of the school to insure the selection of officers in harmony with its objects and devoted to its success; if advisable, the charter may be issued to certain persons designated therein as officers and trustees and to their successors and associates. The incorporating instrument should empower the school to instruct its pupils in necessary branches of study, to confer degrees on those who have been trained and examined, to hold real and personal property, and to have such other powers as the law of each State may grant.²

The selection of officers and trustees should be provided for in the constitution of the corporation; details as to time and manner of selec-

¹ Dr. Minot, of Boston, says: "I always recommend my patients to procure, if possible, the services of one of the nurses who have graduated from the training school; they are far more efficient and acceptable than any others."

Dr. Herrick, of New Orleans: "In our late epidemic we were all impressed by the immense superiority of experienced and skilled nurses over the average of friends and relatives who were in attendance in the majority of cases among the middle and lower classes from their inability to pay the high wages commanded by professional nurses. Aside from the superior knowledge and dexterity of skilled nurses, they are not carried away by their personal sympathies for the patient, and besides they know that they have a reputation at stake, and are thereby stimulated to meet the requirements of duty. I am therefore clearly of the opinion that a class of professional nurses, which already exists in a very imperfect fashion in our large cities, ought to be recognized as a social necessity in populous communities. * * * Public hospitals are now recognized as indispensable auxiliaries to a medical education, and there is no good reason why they should not be further utilized for supplying society with skilled nurses."

Dr. Mitchell, of Memphis, Tenn.: "If we had had trained and faithful nurses, the mortality in the late epidemic would have been less than half what it was. A nurse should possess a natural aptitude to wait on the sick; should be intelligent, honest, and strictly temperate; should understand the use of the clinical thermometer and of the syringe for moving the bowels, and should know how to count the pulse and something in regard to its peculiarities. Especially should he learn that discretion which should characterize all his movements, looks, and language in the sick room."

² The reader will find a copy of the charter of the Washington Training School for Nurses in Appendix B, page 15 of this pamphlet.

tion, number of officers and specific duties of each, length of service, &c., should be governed by the local circumstances. The board of trustees, from which the president and other executive officers of the society may be chosen if desirable, should not consist of less than twelve members as a general rule. If the term of office as a trustee be three years, it is usually proper and safe to elect one-third of the board every year. In this way, perhaps, the benefits of experience and of "new blood" can be best attained. The reelection of efficient and active trustees may thus be secured and the dropping of indifferent and negligent members effected without offence.

The constitution of the society should also contain provisions for the adoption and amendment of by-laws, and for such other provisions as are deemed of permanent value as the organic law of the society.

The by-laws should conform to the provisions of the charter and constitution, and in certain cases might profitably comprehend the rules adopted for the instruction, government, duty, payment, and service of the nurses to be trained by the school.¹

Before considering subjects and methods of instruction, it is proper to consider what sort of persons should be selected for pupils in such a school. It is obvious that only persons with perfect health and of most respectable reputation should be recommended; applicants should therefore be not less than 20 nor more than 40 years of age, strong in body, mild and serene in temper, firm in will, and sufficiently educated to read and write readily. They should not be burdened with the care of a family. Those who display most of these qualities during the probationary period should be selected for the course of training, and the *morale* and discipline of the school should be such as to strengthen and unify these qualities.

The selection of a faculty or corps of teachers for the school is one of the most important steps the society has to perform. The qualifications of the physicians selected should be such as to command respect from the community, since much of the value and efficiency of the nurse depends on the character and amount of the education received from the teachers.

INSTRUCTION AND MANAGEMENT.

The plan of instruction which has been found to work well in many schools is based upon the idea that the teaching should be both theoretical and practical, and that it should be imparted by lectures on special branches of knowledge and by actual attention to patients in a hospital.

The lectures referred to should number at least 36, though they may be extended to 48 or more with profit. They should comprise the following subjects: (1) anatomy, (2) physiology, (3) hygiene, (4) dietetics,

¹A set of the rules actually in force in one of the most successful schools of this character, the Bellevue Hospital Training School for Nurses, will be found in Appendix D, page 26.

(5) medicines, (6) medical nursing, (7) surgical nursing, (8) obstetrical nursing, and (9) care of sick children and infants.¹

These lectures may be spread over a period of four or more months and divided into courses of six or eight lectures on each topic, so as to avoid putting too great a burden on any one instructor. The subjects should be treated in a manner as different from that used in teaching medical students as the differences of previous education and future occupations will render advisable.

Mention has been made of the importance of practical training in a hospital. This should be selected, if there be any choice, for its superior accommodations, equipment, and number of acute cases for treatment. Such a hospital is, indeed, the best place in which pupil nurses can acquire the practical part of their business; and no such hospital should be without a good training school from which it may procure its nurses, and to which its wards should be open for teaching and practice.

Both nurses and pupil nurses should be required to wear an inexpensive and modest uniform dress, which should unobtrusively but unmistakably distinguish them from patients and casual visitors. This costume need not be monastic in suggestion, or forbidding in appearance, or difficult to keep in order; nor is it deemed necessary that the nurses should be so attired except when actually employed or in class. The practical training should consist usually in placing the pupil nurse on duty for eight hours daily under the direction of trained nurses until the duties and service of the ward are thoroughly learned, when the pupil may be assigned to independent duty in wards until the period of pupilage, one year, has expired. During this period the pupil also should be occupied with attendance on the lectures previously mentioned. In return for this education and hospital training, which should be wholly gratuitous, the pupil should agree, when admitted to the school, to give one year's service for the benefit of the school, acting if thought proper as assistant instructor to the newer pupils.

At the close of the second year, the pupil, having fulfilled all the requirements, should be examined as to proficiency and continuous good behavior, and, if the result be satisfactory, a certificate signed by some designated officers of the society and the school should be granted. This certificate of qualification should insure to its holder, whenever possible, employment in the hospitals of the locality and cordial recommendations for employment in private practice.

THE NURSES' HOME.

A dwelling house for nurses and pupil nurses, although not an absolute necessity, is yet so advantageous as an adjunct of the training school that it is always advisable to provide for its support at as early a date as possible; funds for the purchase or rental of the property and

¹ Nurses would be much benefited in their management of children if they understood somewhat of the theory and practice of Fröbel's Kindergarten in the nursery.

for the support of the pupils should be kept distinct. It is better that the home, when possible, should be a building separated from, though near, the hospital. The advantages of such a place, under the supervision of a competent trained nurse, as regards discipline and training are very great; nor are the complete rest and deserved relaxation which a nurse requires after the performance of her daily or nightly duties obtainable so well under other conditions. The home will afford an opportunity to some to learn the refinements and habits of persons in higher social position, and will attract others of a better class than could be drawn otherwise to the work. The physical advantages of a dwelling outside the morbid influences of the hospital should not be forgotten. It has been found in general that good treatment of the nurses in this way has been beneficial in an appreciable degree to the patients in their care.¹

The success and comfort of the home will depend largely on the character and ability of the superintendent or matron. The system of probation through which the pupils should pass will prevent unworthy persons from remaining in the home. If all the nurses are not needed for the work of the hospital to which a school is attached or to supply the immediate demand for private nursing, they may be accommodated in the home for a period and at a rate fixed by the trustee of the society, still being under the control of and responsible to the school.

The management of the home should be unsectarian in religious matters, but the practical tenets of Christianity should be observed and its doctrines treated with respect. Opportunities for attending public worship outside the home should be given, and the private opinions and devotions of the inmates should be respected. Uniformity in dress,

¹ In illustration of the need felt for a separate building for the nurses when not on duty, the following extracts from the official report of the School for Nurses at Charity Hospital, Blackwell's Island, will be of interest: "The school needs first and principally a proper building for the accommodation of its pupils. This is of prime importance on the score of health alone. The responsibility of keeping so many human lives constantly exposed to the atmosphere of disease, in rooms adjoining the sick wards, is a very grave one. Of those who enter upon the duties of their profession here, the majority reverse all the conditions of their former lives. Those who come from the country suffer most. They must exchange pure air for that pent up between thick walls, the faces and forms of nature for the faces and forms of diseased humanity, the manifold relaxations of home for the sight of suffering which they cannot relieve. This of itself is sufficiently dispiriting; but when there is added the actual presence and threatening of death, to which the nurse is always exposed in her own person, it is no wonder that her surroundings often make serious inroads upon a once strong constitution, and the nurse becomes in turn the patient. The remedy does not lie in choosing from the candidates those whom a residence in the city has inured to its atmosphere. Such a distinction would not fail to lower the standard and efficiency of the school in a marked degree, since it is a matter of experience that those whose lives previously to their entering the training school have been passed outside of the great cities make by far the best nurses. In addition, those who come from a distance are not so likely to be diverted from their work or have their interests divided."

in hours for rising, retiring, meals, &c., should be sought for, but not to such an extent as to interfere with the health, comfort, or usefulness of the nurses, or with the efficiency of the work they are called upon to do.¹

In the duty of supervision, the superintendent should follow the maxim, "In essentials, unity ; in non-essentials, liberty ; in all things, charity."

Particular attention is invited to the various papers in the appendix, which may be found useful in organizing and conducting schools for nurses in places where they may be thought useful.

¹The rules in force in the home connected with the Bellevue Hospital school will be found in Appendix D, page 27.

APPENDIX A.

Statistics of training schools for nurses; from replies to inquiries by the United States Bureau of Education.

Name.	Location.	Date of organization.	Conditions of admission.	Salary paid pupils.	Text books in use.
1 Connecticut Training School for Nurses (State Hospital).	New Haven, Conn.	1873	Age 22-40, good health and character, and common school education.	\$170 for the term of eighteen months.	New Haven Handbook of Nursing; Anatomy and Physiology.
2 Illinois Training School for Nurses (Cook Co. Hospital).	Chicago, Ill.	1880	Age 25-35, sound health, good common school education.	\$8 a month for first year, \$12 a month for second year.	New Haven Handbook of Nursing; Anatomy and Physiology.
3 Training School for Nurses.	New Orleans, La. (348 Common street).	1882			
4 Boston City Hospital Training School for Nurses.	Boston, Mass.	1878	Age 21-35 preferred, good health and character.	\$10 a month for first year, \$14 a month for second year; graduate head nurses, \$20-\$30 a month.	Domville's Manual; Woolsey's Handbook for Hospital Visitors; Bellevue Manual; New Haven Handbook of Nursing; Williams and Fisher's Hints to Hospital Nurses; Lee's Handbook for Hospital Sisters.
5 Boston Training School for Nurses (Massachusetts General Hospital).	Boston, Mass.	1873	Age 25-35 preferred, must be in sound health, and must present on application a certificate from some responsible person as to their good character.	\$10 a month for first year, \$14 a month for second year.	Domville's Manual; Cutter's Anatomy and Physiology.
6 Training School for Nurses (New England Hospital for Women and Children).	Boston, Mass. (Roxbury district).	1863	Age 21-35, term 16 months, satisfactory references.	\$1 a week for first 6 months, \$2 a week for second 6 months, \$3 a week for last 4 months.	New Haven Handbook of Nursing; Bellevue Manual; Domville's Manual.
7 Missouri School of Midwifery and Diseases of Women and Children.	St. Louis, Mo. (721 Chestnut street).	1871			
8 Brooklyn Training School for Nurses.	Brooklyn, N. Y. (257 Adelphi street).	1880	Age 25-35, good health and character, good English education.	\$9 a month for the first year, \$15 a month for the second year.	Domville's Manual; Putnam's Manual; Huxley's Physiology; Smith on Nursing.
9 New York State School for Training Nurses.	Brooklyn, N. Y. (46 Concord street).	1873	Age 21-40, satisfactory references as to moral character and general health, ability to read and write, and an agreement to remain one year.	Boarded and lodged during the entire course of instruction.	
10 Charity Hospital Training School, Blackwell's Island.	New York, N. Y.	1875	Age 20-35, good health and character, and good English education.	\$10 a month for first year, \$15 a month for second year.	Frankel's Manual; West on Children; Notes on Nursing, by Florence Nightingale.

Statistics of training schools for nurses, &c.—Continued.

Name.	Location.	Date of organization.	Conditions of admission.	Salary paid pupils.	Text books in use.
11 New York Training School for Nurses (Bellevue Hospital).	New York, N. Y.	1872	Age 25-35, sound health, good moral character, and a knowledge of arithmetic, reading, penmanship, and English dictation.	\$9 a month for the first year, \$15 a month for the second year.	Bellevue Manual; New Haven Handbook of Nursing; Draper's Anatomy, Physiology, and Hygiene; Bartholow's Materia Medica.
12 Training School of New York Hospital.	New York, N. Y. (West Fifteenth street.)	1877	Age 25-35, sound health, perfect senses, good moral character, and good common school education.	\$10, \$13, and \$16 a month for the first, second and third months respectively; graduates, \$25 a month.	New Haven Handbook of Nursing; Bellevue Manual; Smith on Nursing; Notes on Nursing, by Florence Nightingale; Anatomy and Physiology.
13 Home and Hospital of the Good Shepherd.	Syracuse, N. Y.	\$10 a month, with board and lodging.	Miss Veitch's Handbook for Nursing.
14 Nurse Training School of the Woman's Hospital.	Philadelphia, Pa.	1861	Age 21-45, intelligence, good character and habits.	\$5 a month for first 6 months, \$10 a month for second 6 months; \$16 a month for second year; board included.
15 Philadelphia Lying-in Charity and Nurse School.	Philadelphia, Pa.	1866	New Haven Handbook of Nursing; Anatomy and Physiology.
16 Washington Training School for Nurses.	Washington, D. C.	1877	Age 21-40, general fitness for the work, common school education, good moral character, and good health.

NOTE.—The Mary Fletcher Hospital Training School for Nurses, Burlington, Vt., is to open in May, 1882. Pupils between 20 and 40 years of age bringing certificates of sound health and good character are taught on the payment of \$10 a session of 4 weeks. Such pupils as are selected to assist in the hospital pay no tuition and are boarded and lodged in the hospital. Instruction is to be given in anatomy, physiology, and nursing.

APPENDIX B.

THE WASHINGTON TRAINING SCHOOL FOR NURSES.

ACT OF INCORPORATION.

This is to certify that the undersigned, Flodoardo Howard, M. D., Christopher C. Cox, M. D., Thomas Antisell, M. D., Robert Reyburn, M. D., Adolphus S. Solomons, P. J. Murphy, M. D., Gideon S. Palmer, M. D., Mrs. Jane C. Hitz, Mrs. S. A. Martha Canfield, Mrs. Miranda Tullock, Mrs. Augustine Pollok, and Mrs. Jane L. Curtis, together with James C. Hall, M. D., Joseph K. Barnes, M. D., John Eaton, John Hitz, Joseph M. Toner, M. D., William G. Palmer, M. D., John S. Billings, M. D., Samuel C. Bussey, M. D., Henry A. Willard, Harvey Lindsley, M. D., A. Y. P. Garnett, M. D., Johnson Eliot, M. D., Cornelius Boyle, M. D., James S. Beale, M. D., Mrs. Gangewer, Mrs. Judge Snell, Miss Elizabeth Johnston, Mrs. Brodhead, Mrs. Leonard Whitney, Mrs. Isabella King, Mrs. Mary B. Claffin, Mrs. Greer, and Mrs. Sarah B. Willard, and such other persons as may hereafter become associated with them, have associated and do hereby associate themselves and their successors into a body corporate and politic, under the provisions of the act of Congress of the United States known as the "general incorporation act for the District of Columbia" (Revised Statutes of the United States for the District of Columbia, sections 545 to 552, both inclusive).

And they do hereby certify that such body corporate and politic shall be known in law as "The Washington Training School for Nurses."

(2) That the time for which the said society is organized is the period of twenty years.

(3) That the particular business and object of said society is to educate a body of skilled nurses, suitable for the needs of hospitals and capable of being intrusted with the care of the sick at their own homes, which education the society proposes to accomplish by lectures, recitations, and oral instruction in the rudiments of such branches of the sciences of medicine and hygiene as may be sufficient for the purpose and by hospital attendance.

(4) That the trustees for the first year of the existence of said society, who shall have the management of its affairs, shall be twelve in number, to wit: the twelve persons whose names are hereunto subscribed, this fourteenth day of December, A. D. 1877.

FLODOARDO HOWARD.	[SEAL.]
CHRIS. C. COX.	[SEAL.]
THOMAS ANTISELL.	[SEAL.]
ROBERT REYBURN.	[SEAL.]
A. S. SOLOMONS.	[SEAL.]
P. J. MURPHY.	[SEAL.]
G. S. PALMER.	[SEAL.]
JANE C. HITZ.	[SEAL.]
S. A. MARTHA CANFIELD.	[SEAL.]
MIRANDA TULLOCK.	[SEAL.]
AUGUSTINE POLLOK.	[SEAL.]
JANE L. CURTIS.	[SEAL.]

DISTRICT OF COLUMBIA,

County of Washington, to wit :

I, John Cruikshank, United States commissioner in and for the county of Washington aforesaid, in the District of Columbia, do hereby certify that Flodoardo Howard, Christopher C. Cox, Thomas Antisell, Robert Reyburn, Adolphus S. Solomons, P. J. Murphy, Gideon S. Palmer, Jane C. Hitz, S. A. Martha Canfield, Miranda Tullock, Augustine Pollok, and Jane L. Curtis, parties to a certain certificate bearing date on the 14th day of December, A. D. 1877, and hereto annexed, personally appeared before me in the county and District aforesaid, the said parties being personally well known to me to be the persons who executed the said certificate, and acknowledged the same to be their act and deed.

Given under my hand and official seal this 18th day of December, A. D. 1877, the names of Martha W. Galt, Timothy C. Lubey, and Mrs. Todd having been erased and the name of Mary B. Clalin interpolated before the execution of these presents.

JNO. CRUIKSHANK,

*United States Commissioner.**Indorsement.*

Certificate of incorporation of the Washington Training School for Nurses. Received for record December 19, 1877, and recorded in Liber "Acts of Incorporation, D. C., No. 2, folio 223." Examined by George F. Schayer, deputy recorder.

FORM OF APPLICATION.

This paper is to be filled out (in candidate's own handwriting) and sent to ———, President of the Washington Training School for Nurses, Washington, D. C.

1. Name in full and present address of candidate.
2. A single woman or widow?
3. Your present occupation or employment?
4. Age at last birthday and date and place of birth?
5. Height and weight?
6. Where educated?
7. Are you strong and healthy and have you always been so?
8. If a widow, have you children? How many? Their ages? How are they provided for?
9. Where (if any) was your last situation? How long were you in it?
10. The names in full and addresses of two persons to be referred to. State how long each has known you. If previously employed, one of these must be the last employer.

I declare the above statement to be correct.

Date ———, ———.

_____,
Candidate.

FORM OF NURSE'S CERTIFICATE AT GRADUATION.

THE WASHINGTON TRAINING SCHOOL FOR NURSES.

This is to certify that ——— has attended the course of instruction prescribed by the trustees of the society known as "The Washington Training School for Nurses," and that she has passed a satisfactory examination before its medical faculty.

Therefore the trustees hereby declare the said ——— qualified to perform the duties of a trained nurse.

In testimony whereof the officers of the society and the dean of the medical staff have affixed their names and the seal of the society, this — day of —, 18—.

_____,

President.

_____,

Secretary.

[SEAL.]

_____,

Dean.

The nurse is required to give a satisfactory report of her work and to obtain the signature of the president of the society and the superintendent of the school once a year for the first five years hereafter.

The seal on the foregoing certificate may be described as follows: A circular band forms the outer part, bearing the words "Washington Training School for Nurses" above and "Incorporated Dec. 14, 1877" below. The centre is occupied by a white escutcheon or shield of plain shape, in the middle of which is a red Greek cross. The red cross and white shield are the insignia of the International Hospital and Field Service Society of Surgeons and Nurses, which originated during the Franco-German war of 1870-71. This association has been authoritatively recognized by all the governments of Europe and by the United States and has branches in every country, with the design of ameliorating the sufferings of the sick and wounded in times of war, training nurses and promoting hygienic laws and practices during peace, and mitigating the effects of pestilence, famine, fire, and other national calamities. The name of Miss Clara Barton, rendered so famous during the war of 1861-1865 as a nurse, has been associated with the organization of the American Association of the Red Cross.

PROCEEDINGS AT THE FIRST COMMENCEMENT, MAY 24, 1881.

ADDRESS OF J. M. TONER, M. D., PRESIDENT OF THE SCHOOL.

LADIES AND GENTLEMEN, FELLOW TRUSTEES, PROFESSORS, AND MEMBERS OF THE WASHINGTON TRAINING SCHOOL FOR NURSES: This assemblage of interested and influential citizens is certainly encouraging to the cause of the education of nurses, and especially gratifying to the society having the matter in charge, upon this the occasion of the first commencement for conferring the honors of the school upon its graduates. The public may expect and at all events this is deemed a fitting time to make a brief statement of the origin, purpose, and prospects of this enterprise. You are doubtless aware that the society known by the name of "The Washington Training School for Nurses" was formed in this city by the friends of the movement in the fall of 1877: a charter under the general incorporation act of the District was obtained on December 14 of that year. Its organization was soon after completed by the adoption of a constitution and by-laws for the government of the society and the election of trustees to manage its affairs. Provision was made for the admission of new members and for the support of the institution. The scope and sphere of a teaching faculty, with arrangements for hospital advantages and experience, and rules for the admission of pupils were considered, and, in a word, all the details for the inauguration and management of the enterprise were matured.

The organization, general management, and methods of instruction are closely patterned after those of similar institutions in practical operation in our own and other countries. It is true it was considered by some premature to begin when we did, as we had no endowment and were wholly without means. The society was small, and few or none of its members were wealthy, but all were zealous in the work. Great caution in incurring obligations had to be observed, but at the same time the society was resolved to do everything possible under the circumstances to found and support the school. One notable difference between the starting of this training school and that of most others is that they all had endowments to begin with sufficient to give

the nurses a home and support while in training or they were connected with endowed hospitals. We had none of these advantages. These important aids may, and we trust will, yet come to us. We mean at all events that our school, judged by its work, shall deserve encouragement. The usefulness of trained nurses and the necessity for them are every day becoming more and more apparent to the public, as they have long been to the medical profession. As no person is exempt from sickness, the liability to become dependent upon others for essential services in such affliction makes the necessity for the trained nurse evident. Reflecting persons, too, see that besides the humanity of the movement it at the same time opens a new, honorable, and remunerative avocation to woman for which she is eminently fitted. After a free exchange of views and full discussion of the whole question, it seemed to be a duty to found an institution in this city which should afford facilities for the proper education and training of nurses. A faculty of seven medical gentlemen was therefore elected from among our leading physicians, and systematic instruction in the art of nursing under the rules of the society began in October, 1878. Lectures are free to those admitted under the rules, and have been given continuously at stated times ever since, with the exception of the usual summer vacations.

As soon as the first course of instruction was announced to begin, a respectable class was formed. The society from the start has been solicitous that all pupils admitted should possess good physical, educational, and moral qualifications, to warrant efficiency in their calling and that the public may receive them into their homes with confidence. To insure these conditions applicants are subjected to a preliminary examination and are required to file satisfactory testimonials as to character. The third course of lectures and hospital instruction is this evening brought to a close. It may be asked, in view of what is said, why we have not a larger class of graduates. In explanation of this it is but just to state that we have been obliged to decline receiving pupils from a distance for want of a home, and indeed only those who could support themselves while studying have been accepted. It must also be borne in mind that the course of training requires two years for its completion. Bellevue Training School for Nurses, in New York, with its ample foundation and superior accommodations, has taken two of our earliest pupils, who, had they remained, would have been in the graduating class this year. A few who attended the first course of lectures have removed from the city, while the necessity of gaining a livelihood has caused others to lose courage and abandon the thought of qualifying for the duties and responsibilities of the nurse. The want of a home for the nurses is our pressing need, and has precluded us from receiving some very desirable pupils, because their circumstances were such as to oblige them for support to follow engrossing avocations which would limit the time and attention they could give to the necessary studies. The medical staff of the training school, by its earnest devotion to the interests of the institution, has given great satisfaction to the trustees.

With the hope of being able to realize funds to found a home, and thus place the institution on a more satisfactory basis, a loan exhibition was projected and held during February and March of this year. The exhibition was made attractive and was generously patronized by our best citizens, and from it the sum of nearly \$1,000 was realized. Important as is this money to us (though it is not one-tenth of the sum required), a far greater service was done the cause by popularizing the movement and making known to the whole community the purpose and necessities of the Washington Training School for Nurses. We may hope that the school has now an abiding place in the good will of the generous people of Washington City. The members of all the committees who took our tickets for the loan exhibition have been made members of the society, and we trust they may continue to act with us in the future as they have so magnanimously sustained us in the past. Thus of late the membership of our society has been greatly increased and its efficiency promoted. It is within the power of all to assist in this good work of educating nurses, as the annual dues of members of the society have been fixed at \$1. A benevolent work of this kind ought to have.

In this city, a list of over 3,000 contributing members. We invite all who sympathize with the movement, and who are able to spare this sum, to join the society. The training school is now one of the institutions of the city, and from its humane character and usefulness we feel justified in appealing to the public for its support by assisting us in placing it among our District public charities.

By the opening of the fourth course of lectures, in October next, we hope to be able to rent a building and have a comfortable house for the nurses, where their training may be systematically conducted under an experienced and educated head nurse, and where the lectures may be given by the medical faculty until a general hospital is established in which the training of nurses will, we trust, be made a legitimate part of its functions. As an encouragement to those who contemplate entering upon the calling of the "trained nurse," we can state that all our advanced pupils have found in this city full and remunerative employment even before they had finished their studies, and only consented to assume the responsibility under the most urgent appeal, but they have in every case given satisfaction alike to the sick and the physician in attendance. To those of our pupils who have completed the course of training and complied with all the requirements of the school and to-day leave us with the testimonial certificate of this institution, we bid God speed. May they carry with them into every sick room they enter hope and comfort, and so conduct themselves at all times as to shed lustre upon the calling of the trained nurse and upon their alma mater!

ADDRESS OF WILLIAM LEE, M. D., TO THE GRADUATING CLASS.

In sending you forth on your errand of mercy, with the authority of this school, now used for the first time, to set forth your capabilities and ask that others place confidence in you, it seems peculiarly fit that you should receive these last words within the walls of a church: within these walls where the story of the good Samaritan has been so often told and where the scenes in the life of the Healer of mankind are so dwelt upon: here, where many a poor soul has come, weary and heavy laden with the trials and bereavements which sickness and death have caused, to seek spiritual comfort and offer up grateful prayers for those who gave supporting sympathy. It cannot but impress you with the sacredness of your calling and give a deeper significance to the emblem of the red cross which is borne by the seal of your certificates.

I should have preferred that some other had been chosen from among my colleagues to better express to you their satisfaction at your present position and their interest in your future welfare; but I accept the compliment, if only for the purpose of expressing thus publicly how much I personally owe to the trained hospital nurse, and I feel that many a medical man will repeat my expressions to the echo from his own experience. We graduate in theory from our medical colleges, but we never graduate in practice; that is, to the end of our days we are learning new and practical points, and much that we get of early hospital experience comes from the nurse.

With my first recollections of hospital practice there mingle the black robed, white hooded forms of the Sisters of Charity, silently moving here and there through the quiet watches of the night, administering a draught to this sufferer and smoothing the pillow and aching head of that, always at hand with comfort when wanted. I almost looked upon them as beings from another world, sent specially to comfort us. Later, in hospital practice, I found the same self sacrifice, the same gentle and effective manners, and the same understanding of the needs and wants of the sick and wounded without this sombre uniform.

Yours is to be a calling requiring patience, perseverance, and endurance of much that will call forth all your faculties to their fullest extent, but with this you will find much to reward you that the doctor misses. He comes to the sick chamber, it may be to usher in another of the human race; that over, he is gone to return at intervals, ask a few questions, give his directions, and be off on his rounds, while you remain; and it is to you that the young mother confides her secret thoughts, her hopes, and

aspirations for the future of the little one that lies beside her, and if you have done your duty you have gained a life long friend. Many a woman looks back with hesitation as to who her doctor was in the hour of trial, but the name of her nurse comes up spontaneously to her lips. And so you go on taking an intimate part in all that makes sacred the lives of families, from the birth of the child until death comes after a life full of years and honor, and you cover all that is left of frail mortality with its last winding sheet.

One of the prejudices which you will have to encounter is that which gives to the nurse the position of an upper servant, and it depends upon yourselves more than upon your calling as to how far you will overcome that prejudice. Other occupations than yours have met with and have overcome this prejudice. Less than two centuries ago, in England, the clergy were entertained in the servants' hall, sent on errands, and expected to marry my lady's waiting maid, with no scruples as to the character she brought with her. See where they stand to-day — with the first in the land. In the same country, at the beginning of the last century, the physicians were first separated from the grocers. At the middle of the last century the surgeons were first separated from the barbers, and the Barber-Surgeons' Hall stands to-day in London to remind us of this. As a contrast, the world is even now discussing the action of a medical man who, after being specially honored by his sovereign, ignores that sovereign's expressed wish that he visit one of England's greatest statesmen on his death-bed, and refuses on the ground that his opinions will not be properly respected. So with you: here you will find perhaps a large class who will prefer a servant as a nurse, probably some trusted faithful colored mammy who has coddled them for years and who will too often, I am afraid, assist them to evade some of the most disagreeable of the doctor's prescriptions. You will find, moreover, some doctors who, until they know you better, will seriously and honestly doubt the propriety of giving nurses so much knowledge: and here is where you will have to exercise all your discretion — or better, perhaps, what the world calls policy — to know, not too much, but just enough for what the occasion demands, and to remember that you have no other judgment but the doctor's for the time being, and, further, that your services with him over you have no criticism for other ears. In pursuing such a course he will soon find that your knowledge of natural phenomena and symptoms of disease and your skill in care for the sick will relieve him of many a weary burden, and he will come to rely upon you accordingly. It is astonishing how sometimes the simplest things will excite alarm in the minds of not the uneducated alone, but rather of the uninitiated, and doctors have a good deal of their time taken up in answering such calls. I remember on one occasion, when in charge of a children's hospital, being summoned in great haste to find a child's head between the bars of a railing, which in play it had passed through the bars and then turned around. It was crying lustily and was almost blue in the face from its exertions. To turn the head straight and extricate it took almost less time than it does to tell it, but to my inquiry to the crowd of excited women that stood around as to why they had not done the same themselves, the reply was, "Sure, sir! the doctor always does that."

There are two pictures which, as nurses, you can contemplate: the one now fading away like our early daguerreotypes, but still distinct and visible, having for its type the Sairey Gamp of Dickens, the friend of that mysterious Mrs. Harris, doubts concerning the existence of whom caused the memorable rupture between Sairey and Betsy Prigg — Sairey Gamp, with her gig umbrella, her pattens, her rusty black gown, the worse for snuff, with shawl and bonnet to correspond, her red and swollen nose, her suspicious breath, and her desire to have the bottle left on the chimney piece where she could put her lips to it when so "disposed." Then Betsy's warning as to snuff — may we not take it as applicable to other things than snuff? You recollect it was called forth by Mrs. Prigg's anxiety for the welfare of the salad which Mrs. Gamp was preparing for supper, "and don't go a-dropping none of your snuff in it," said Mrs. Prigg. "In graed, barley water, apple tea, mutton broth and that, it don't signify: it stimulates a patient; but I don't relish it myself." "Why, Betsy Prigg," cried

Mrs. Gaff. "how *can* you talk so?" "Why, ain't your patients, wotever their disease is, always a-sneezin' their wery heads off along of your snuff," said Mrs. Prigg.

Keep that picture in some out of the way corner until it fades entirely from view, but bring the other into the light and sunshine to brighten the features of such women as Florence Nightingale and Dorothea Dix, who are depicted there as the living exemplars of the Old and New World. Time will not permit me to lay a feeble tribute at their feet. Contemplate for yourselves their lives and works, which speak volumes for them.

In the recent effort in your behalf, I mean the Art Loan Exhibition, you have received the generous encouragement of those from whom you will best appreciate it; see that you deserve it. So conduct yourselves that in the sick room your patients will bless you and your doctors feel that they have an assistant and friend; that in the hospital you can be trusted in an emergency; that in the days of pestilence the community in which you live shall feel that when friends and relatives are compelled to abandon the sick and fly to places of safety there is left behind a devoted band of nurses who will not falter, who will not hesitate, no matter what the end may be, but who will take their places by the bedside and give their dear ones of the best that can be had. We hope that your services may never be required for the carnage of war; but our experience of a few years ago is still too fresh to ignore it; it may yet be your lot to participate in similar scenes, and to play the part of Lady Clare when Marmion was brought to her:

In the lost battle borne down by the flying—
Where mingles war's rattle with groans of the dying—

and like her:

When pain and anguish wring the brow,
A ministering angel thou.

REMARKS OF GENERAL EATON. •

Hon. John Eaton, United States Commissioner of Education, said that the training of nurses was one manifestation of the humane feeling so prevalent in modern life and society; he contrasted this with the callous tone of ancient life and history; the present has grown by successive steps out of the past, and the progression is traceable in ecclesiastical as well as in civil history. In this great advance the growing subdivision of responsibility and labor has been the means of securing greater skill and better results. There was a time when the priest who offered the sacrifice at the altar was also physician, surgeon, watcher at the bedside, and apothecary; later the physician was also nurse, pharmacist, dentist, and surgeon. Each of these avocations has been separated from the rest and subjected to appropriate training. Increased skill in these pursuits has added immensely to human comfort, efficiency, and average longevity. The exigencies of modern progress, thought, and labor have rendered schools of this kind necessary for the preparation of the nurse in her various duties, and particularly as an effective aid to the physician in his duties. The speaker would by no means depreciate the worth of family devotion or the value of associated Christian effort for the relief of human suffering, but he wished to emphasize the use of the school as an instrument for the best culture in this direction. Neither public nor private effort so far has supplied the quality or kind of ability and devotion needed for this work, since the number of the dependent, by reason of infancy, old age, disease, or defective development nearly equals that of the producing and active members of the community. These schools for nurses should be economizers of private and organizers of public effort in this direction.

However small these beginnings, already the nurse commands the attention of the muse of poetry and biography. The Crimea furnished an ideal. It is not a mere coincidence that in 1850 Owen Meredith thus characterized the skilful nurse:

I fancy I trace
In some facts traced to her something more than the grace
Of an angel: I mean an acute, human mind,
Ingenious, constructive, intelligent—

or that a little earlier the poet laureate in a single line pictured the patient's dependence upon the nurse:

He would listen for her coming, and regret her parting, step.

Our own Longfellow, foretelling her reward, sings:

A lady with a lamp shall stand
In the great history of the land,
A noble type of good,
Heroic womanhood.
Nor ever shall be wanting here
The palm, the lily, and the spear—
The symbols that of yore
Saint Filomena bore.

And there shall multiply biographies like those of Sister Dora, whose cultured and consecrated life carried healing to thousands stricken with disease and radiated light amid the shadows gathering upon the pathway of multitudes as they entered the dark valley.

REMARKS OF DR. LORING.

Dr. Loring, Commissioner of Agriculture, paid a glowing tribute to the efforts of scientific medicine to relieve the ill; flesh is heir to, and warmly commended the Washington Training School for Nurses to the support and encouragement of the general public. He said that the existence of the training school for nurses placed Washington City in close relation with the best efforts of Massachusetts, and particularly the city of Boston, in its humane measures for the relief of suffering. He predicted for the nurses a career of honorable employment and usefulness.

APPENDIX C.

THE NEW YORK STATE SCHOOL FOR TRAINING NURSES.

EXTRACTS FROM AN ADDRESS TO THE GRADUATING CLASS, BY W. B. GARSIDE, M. D., MEDICAL DIRECTOR.

DELIVERED OCTOBER 12, 1880.

In the practice of nursing, the first great and underlying rule for you to observe is that of obedience. The care of the sick demands the attention of two persons, first, the physician; secondly, the nurse. The duties of the one are distinct from those of the other, and in order that the two may work harmoniously together for the benefit of the patient it is imperative that there should be but one head, and that the physician. No matter what your opinion may be of the attending physician—and you will be called upon to nurse under all kinds of doctors, the young and the old, the modest and the conceited, the genial and the arrogant, the amiable and the cross, the old school and the new—your duty, first, last, and always, is to obey implicitly his directions, even to the minutiae. The calomel and jalap of our old school friends must be given with the same courage and undeviating loyalty that you would exercise in administering attenuations of aconite or belladonna. The simple truth is that you as nurses have nothing whatever to do with medicines, except through the directions of the physician. The responsibility is his, not yours. If, peradventure, you have imbibed anywhere any idiotic craving for a little doctoring on your own account, I beg of you to drop it at once and forever, if you expect to become nurses worthy of the name. If

you are possessed of an insatiate longing for a favorite pill, or lotion, or salve, to carry around in your reticule and apply every time you get a chance, if such be your desire, you had better return your certificates to-night and try some other avocation.

* * * * *

I would rank, as the next matter of most importance, that of cleanliness, cleanliness absolute of your own person and clothing and of the patient and her surroundings. Recovery from sickness will always be more prompt and satisfactory where perfect purity and sweetness are the rule. It will demand a keen eye and no little industry, but it is your duty to follow up every item of foulness or taint until it is eradicated.

* * * * *

Akin to cleanliness are tidiness of dress and neatness of personal appearance. A slovenly nurse is an abomination that is not to be tolerated in the sick room. Abjure, I beg of you, bangs and frizzes and all architectural designs in hair; the commonest girl upon the street can do that better than you can. Strive for simplicity and plainness of dress and manners, relying for your adornment upon cleanliness and neatness, and, for your jewels, cultivating a bright and cheery face, a hopeful disposition, a tender voice, a skilful hand, and a loving heart. With the weaknesses and insipidities of fashion you have nothing to do.

* * * * *

Do not allow yourselves to have or to affect "the blues" while nursing the sick: they do not employ you to listen to mournful stories or sympathize with you in your trials and tribulations.

Try to achieve the art of moving about and doing things quietly and without fuss or pretence, and yet doing them quickly. Learn to be orderly in all the duties of the sick room. Be also prompt and punctual in every detail.

Anticipate the wants of the sick one. Do not sit reading or indulging in day dreams when you should be attending to your patient. Do not compel her to think of and ask for such things as you should think of for her, such, for instance, as the giving of medicines regularly and at the exact time, offering a sip of water, a morsel of food, bathing the face or hands, changing the pillow, regulating the bed covering, lowering a shade, closing or opening a window, quelling an unnecessary noise, and a thousand such little things as only a good nurse can think of and do.

If you do not love babies, learn to, and try to make it a genuine feeling. Do not, while you are fondling the little dears and saying sweet things to them, be caught looking in the mirror arranging your hair or dress.

If the mother sees you thus engaged she will lose all her faith in your affection for little ones, and, on the contrary, entertain a very positive opinion of your own vanity.

In this matter, as in others, while you are methodical, do not become mechanical. Put feeling and earnestness into your work, and there will be no danger that you will become a machine nurse, which is almost as bad as a careless one.

I trust you are well up in sick cookery, that you know how to prepare a variety of dainty dishes suitable for the sick, and also how to present them in a delicate and appetizing manner.

Keep your notebook and pencil ready to make a memorandum of such points as the physician wishes you to report to him at his next call: make a note, also, of any unusual symptom or occurrence that may happen in his absence. Do not trust to your memory, but put it down in exact words, and at the moment. After you have made your report to the doctor at his morning call and he has asked you such questions as he desires, leave the room for a time: the patient may wish to speak with her physician in confidence, perhaps about you. Give the doctor, also, a chance, as he is going away, to speak to you alone, so that he may have the opportunity of offering a suggestion or criticism if needed, and which is for your ear only. Do this regularly and without being spoken or beckoned to, so that the patient may not be alarmed.

Let me impress upon you the importance of religiously keeping the confidences of your patrons: whatever you may see or hear in any household is to be as a sealed book to you ever afterward. Do not convey from one family to another a knowledge

of the different methods of living you may witness. The habits and customs of the one are as sacred as the other. You can scarcely injure yourself more than by becoming a gossip. The antique nurse was an adept in this particular, and retailed everywhere her budget of news with the same relish that she administered catnip tea or paregoric.

While professionally engaged you are not to criticise the medical treatment employed or to suggest changes of physicians.

Learn how to make an engagement—I mean a business one—in a plain, straightforward, and businesslike manner. Make no half-way engagements. Let there be no “ifs” or “ands” or misunderstandings, so far as plain, honest words can avoid it. And when you have made an engagement, whether it be a good one or a bad one, stick to it. Never be found faltering or wavering in your word, any more than you would do any other dishonest or disreputable thing. Have everything thoroughly understood at the outset, and when you have made a promise fulfil it promptly and to the letter. Answer punctually all business communications.

When you are employed, do not spend your time, which belongs to the patient, in visiting or receiving the visits of others. I have known a nurse to spend the first money obtained in buying a silk dress and devote much of her time afterwards to visiting other nurses and comparing notes as to what fashion it should be made up. I need not tell you such nurses are not successful.

The year that you have passed in this training school may have seemed long to you; but, although I believe your advantages have been good, a year, after all, is but a very short time to be thoroughly trained for any work. Most, if not all, other schools require a longer time than this. It is one thing to know what to do; it is quite another to know, by practice, when and how to do it skilfully; and this skill can only be attained by repeated efforts, under proper guidance. For this reason I would rather lengthen the course of training than shorten it.

The certificates you receive to-night simply place you upon the threshold of your profession, and you are only just now prepared to commence in living earnest the real study of your calling.

If you should live to be a hundred years old and practised nursing every day, you would still have something to learn. Said an old nurse to Miss Nightingale, under whom she had nursed in the Crimea, “It seems to me that the training is never finished; every day I learn something new or see that I ought to learn it.”

* * * * *

In the great majority of cases your faithful work will be rewarded with a heartfelt gratitude; but you will sometimes meet, I am sorry to say, with the reverse. You will occasionally, no matter how well you do, fail to arouse any appreciation of your work. Some people are ignorant, some are selfish, and some are both; and others, as my predecessor has said, “are queer, queer beyond comprehension.” Yes, queer without sense, reason, or justice. But you must learn to meet and bear these things with calmness and a forgiving spirit. Keep your temper, serenely and supremely; do your duty in all cases with the same faithfulness and tenderness that you would in the case of your best friend, and your reward will be ample.

A word about your health. Unless you are well and strong, how can you properly take care of the sick? Perhaps the most important thing for you to observe in the preservation of your strength is regularity—regularity so far as your duties will permit in all the details of your life—in eating and drinking, in sleeping and working, in rest and recreation. I know this is a difficult, sometimes an impossible thing to secure while nursing the sick; and yet I know at the same time that in many cases you nurses could systematize and order your living much better than you do. It will save you many a fret and tear, and prevent the waste of your energies in fitful, ill-timed, and unnecessarily repeated efforts. All sensible employers will realize the importance of your own health, and will acquiesce in all needful and proper regulations for its maintenance. To care for others you must care for yourself. Let your food be plain and nutritious. Avoid intemperate tea drinking. When your vigils are

protracted and your forces largely drawn upon, a cup of beef tea, a glass of milk, or a bowl of gruel will serve you much better than a stimulant or narcotic. See that you have a sweet breath. Dress loosely and keep your shoulders back. Avoid high-heeled shoes both in and out of the house. Go out every day in the open air for a good, swinging walk, and while so doing take deep inspirations of pure air. Especially during your periods of non-employment cultivate out-door exercises, and by so doing lay up, as it were, a stock of good health for emergencies. Strive to be cheery and happy. Cultivate the habit of reading aloud. This will be healthful for you and oftentimes enable you pleasantly to entertain a convalescing patient. If you need the help of a physician, attend to it at once; it is your duty to be as healthy and hearty as you can.

If, in your earlier experiences, you meet with discouragements and feel the need of a word of advice or instruction, come to our worthy superintendent or to any member of the medical staff, and I know they will be only too glad to help you.

APPENDIX D.

BELLEVUE HOSPITAL TRAINING SCHOOL FOR NURSES.

EXTRACTS FROM AN ADDRESS TO THE GRADUATING CLASS BY DR.
WM. M. POLK.

DELIVERED AT THE ANNUAL MEETING, DECEMBER 11, 1879.

Some ten years ago it was my good fortune to find myself one of the resident physicians in Bellevue Hospital. I found it a better place than I had been led to believe; one needing improvements, mind you, but yet possessing excellences that made it a place of great value to one who, like myself, came to study disease.

In spite of its advantages, however, there was a serious drawback, and that lay in the direction of the nursing of the sick.

* * * * *

Large hospitals are, consequently, the best places for the study of medicine. But even here there are difficulties that cannot be surmounted by the student physician unless he have such assistance as can be given by a good nurse. To know his cases, he must know all that transpires during their progress. Could he be with each at all times, no doubt it would be best, but that is an impossibility. Of necessity, then, he is dependent upon the immediate attendant for information. The eyes, ears, and touch of that individual stand for his own, in his absence. If she be intelligent, possessed of a certain amount of knowledge, but, above all, faithful, her observations are trustworthy and her report can be accepted. The physician takes such reports to fill in the gaps in his own more elaborate and thorough observations, but the two are essential to the complete record of his cases. With such aid, it can be seen how rapidly and easily he gathers a number of records, almost photographic in accuracy, whose problems he is able to work out at his leisure.

Now it seems to me that any institution supplying nurses capable of rendering services of such nature is entitled to be considered a positive force in medical advance, and, I am happy to say, the training school is so considered and recognized by those of us who, as attending physicians to Bellevue Hospital, have had occasion to test the efficiency of its students and graduates. I am even more gratified to be able to add that the same view is steadily spreading itself among the profession at large.

There is another view, however, to take of the good accomplished by your school; one not less interesting to the physician, but certainly about which the patient is more apt to concern himself. I refer to the greater facility, and I believe certainty, with which a case of illness can be conducted to a favorable termination through

the aid which can be derived from the best of its graduates. The invalid or doctor who has once experienced the aid and comfort of a good trained nurse will be loath to be without one in any time of severe illness. On your account as individuals it affords me pleasure to testify to this fact, as it is the one which will do most to secure to you the good will and support of that public upon which, in future, you must rely for a livelihood.

You have been fortunate in having Bellevue Hospital as the field of your labors, for in its extensive wards you have been brought in contact with a great variety of medical and surgical diseases. You have had the supervision and direction of an able corps of resident physicians, whose eager and thorough pursuit of their studies has stimulated you to constant exertion. You have been living in the foremost medical school in this country, as is shown by the large number of students (nearly 1,500) who annually flock to its amphitheatre. Your opportunities having been great, it is all the more important that you realize how heavy are your responsibilities.

RULES FOR THE GOVERNMENT OF NURSES.

RULES FOR ADMISSION OF PUPILS.

The committee of the Training School for Nurses has made arrangements with the authorities of Bellevue Hospital for giving two years of training to women desirous of becoming professional nurses.

Those wishing to obtain this course of instruction must apply to the superintendent of the Training School, 426 East Twenty-sixth street, New York, upon whose approval they will be received into the school for one month on probation. The most acceptable age for candidates is from twenty-five to thirty-five years. The applicants should send with their answers to the paper of questions a letter from a clergyman, testifying to their good moral character, and one from a physician, stating that they are in sound health. Applicants are received at any time during the year when there is a vacancy, fall and winter months preferred. During the month of trial, and previous to obtaining a position in the school, the applicant will be examined in reading, penmanship, simple arithmetic, and English dictation.

The superintendent has full power to decide as to their fitness for the work and the propriety of retaining or dismissing them at the end of the month of trial. She can also, with the approval of the committee, discharge them at any time in case of misconduct or inefficiency.

During the month of probation the pupils are boarded and lodged at the expense of the school, but receive no other compensation. Those who prove satisfactory will be accepted as pupil nurses, after signing an agreement to remain two years and to obey the rules of the school and hospital.

They will reside in the home and serve for the first year as assistants in the wards of Bellevue; the second year they will be expected to perform any duty assigned them by the superintendent, either to act as nurses in the hospital or to be sent to private cases among the rich or poor.

The pay for the first year is \$9 a month; for the second year, \$15 a month. This sum is allowed for the dress, text books, and other personal expenses of the nurse, and is in no wise intended as wages, it being considered that the education given is a full equivalent for their services. They are required after the month of probation, when on duty, to wear the dress prescribed by the institution, which is of blue and white seersucker, simply made, white apron and cap, and linen collar and cuffs.

The day nurses are on duty from 8 A. M. to 8 P. M., with an hour off for dinner and additional time for exercise or rest. They are also often given an afternoon during the week, and have a right to the half of Sunday. A vacation of two weeks is allowed each year. It is not proposed to place nurses on night duty until they have been in the school three months.

As the institution is unsectarian there are no religious services connected with it, except evening prayers, and all nurses are expected to attend the place of worship they prefer once on Sunday.

In sickness all pupils will be cared for gratuitously.

Course of training.

The instruction includes:

1. The dressing of blisters, burns, sores, and wounds; the application of fomentations, poultices, cups, and leeches.
2. The administration of enemias and use of catheter.
3. The management of appliances for uterine complaints.
4. The best method of friction to the body and extremities.
5. The management of helpless patients; making beds, moving, changing; giving baths in bed; preventing and dressing bed-sores, and managing positions.
6. Bandaging, making bandages and rollers, lining of splints.
7. The preparing, cooking, and serving of delicacies for the sick.

They will also be given instruction in the best practical methods of supplying fresh air, warming and ventilating sickrooms in a proper manner, and are taught to take care of rooms and wards; to keep all utensils perfectly clean and disinfected; to make accurate observations and reports to the physician of the state of the secretions, expectoration, pulse, skin, appetite, temperature of the body, intelligence (as delirium or stupor), breathing, sleep, condition of wounds, eruptions, formation of matter, effect of diet or of stimulants or of medicines; and to learn the management of convalescents.

The teaching will be given by visiting and resident physicians and surgeons at the bedside of the patients, and by the superintendent, assistant superintendent, and head nurses. Lectures, recitations, and demonstrations will take place from time to time, and examinations at stated periods.

When the full term of two years is ended, the nurses thus trained will be at liberty to choose their own field of labor, whether in hospitals, in private families, or in district nursing among the poor. On leaving the school they will, on passing an examination, each receive a diploma signed by the examining board and by a committee of the board of managers.

RULES FOR THE NURSES' HOME.

RULE 1. The hour for rising is 6.30 A. M. Before leaving the home for the hospital, each nurse must make her bed, dust and arrange her room and closet, leaving them in good order, so that they may be ready for inspection by visitors at any time during the day.

The hour for closing the home is 10 P. M. All inmates of the home are expected to be within doors at that hour unless they have special permission to be absent. The lights will be put out in the parlor and halls and nurses must retire to their rooms.

The gas must be turned down when a nurse leaves the room.

RULE 2. The hours for meals are: Breakfast, from 7.15 to 7.45; first dinner, 12.30; second dinner, 1.30; first supper, 7; second supper, from 8.10 to 8.45. Nurses must not linger in the dining room after meals. No food is provided for the nurses out of the appointed time, except when ordered by the matron at the request of the superintendent. Nurses are not to go into the kitchen, nor give orders to the cook; all such matters to be referred to the matron. No visitors are to be invited to meals or to spend the night in the home. The parlor is for the reception of visitors, but a nurse can invite ladies to her room if agreeable to her room-mate.

RULE 3. Conditions upon which the nurses can have the privileges of the laundry: Eighteen pieces, well marked, and one dress are allowed each person per week. No laces, muslins, or white muslin skirts will be received. Each must be provided with a clothesbag, marked, in which clothes are to be put and placed by the elevator on each floor early Monday morning, or late Sunday evening, if convenient. A book with list

of clothes, dated, must be sent in every week, with name on the outside of book. On Thursdays the dresses and skirts must be taken, but no clothes from the boxes till Saturday, when all must verify their lists before taking their clothes away.

Any one disregarding these regulations will forfeit the privilege of having clothes washed in the home.

RULE 4. The nurses are under the authority of the superintendent in the home as well as in the hospital. When taken off duty on account of sickness they must not leave the home nor return to their hospital duties without the direction of the superintendent; neither can they at any time go to the hospital without permission, except at the regular hours. Nurses are not permitted to receive calls in the wards of the hospital from their friends or other nurses.

RULE 5. A physician will be selected by the superintendent to attend the nurses in sickness. They will not be allowed to consult any other medical man without permission from the superintendent, nor to obtain medicine from the hospital drug store without the order of the home doctor or that of the superintendent.

RULE 6. The letter box will be opened five times a day by the matron and the letters placed in the post office boxes. No one may open the letter box or receive the letters from the postman or take any letters but her own from the boxes.

It is expected that the nurses will avail themselves of the time given them on Sunday to attend some place of worship, unless they have very sufficient reasons to the contrary. Evening prayers will be in the matron's room, immediately after the first supper, at which all are earnestly invited to be present.

Punctuality, personal neatness, general order, a gentle voice and manner, and a patient temper are essentials in a good nurse. Let the nurse cultivate these qualities, together with a Christian, loving spirit. "Bear ye one another's burdens, and so fulfil the law of Christ," remembering that "Love is the fulfilment of the law."

RULES FOR NURSES GOING OUT TO PRIVATE SERVICE.

RULE 1. The nurses are to attend the sick, both rich and poor, at hospitals or private houses, as the committee or lady superintendent may appoint.

RULE 2. When sent from the home to attend a patient, they receive their instructions from the lady superintendent and do not leave the case without communicating with her; this they can do by letter at any time.

RULE 3. While on duty in the home, at the hospital, or in private houses, the regulations of the school with regard to dress are to be observed by the nurse.

RULE 4. A nurse is always to bring back with her a certificate of conduct and efficiency from the family of her patient or from the medical attendant.

It is expected that nurses will bear in mind the importance of the situation they have undertaken, and will evince, at all times, the self-denial, forbearance, gentleness, and good temper so essential in their attendance on the sick and also to their character as Christian nurses. They are to take the whole charge of the sickroom, doing everything that is requisite in it when called upon to do so. When nursing in families where there are no servants, if their attention be not of necessity wholly devoted to their patient, they are expected to make themselves generally useful. They are to be careful not to increase the expense of the family in any way. They are also most earnestly charged to hold sacred the knowledge which, to a certain extent, they must obtain of the private affairs of such households or individuals as they may attend.

Communications from or on the subject of nurses may be made personally or by letter to the lady superintendent, Nurses' Home, 314 East Twenty-sixth street, New York.